

COLONNADE

The Official Student Newspaper of Georgia College

THE **FINAL EXAM** SURVIVAL GUIDE



Where's Thunder? See page 2 for more information





About This Issue...

Finals week is upon us here at Georgia College. Our staff has put together a comprehensive guide to help you survive finals this semester. Our survival guide contains studying tips and

tricks, a faculty view of finals, ways to eat healthy during this stressful time and ways to de-stress when finals become overwhelming.

Join us next semester on Monday nights for pitch at 6:30 in The Colonnade office, located in MSU.

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NEED A TIME OUT FROM STUDYING?

GIVE YOUR BRAIN A MENTAL BREAK AND TRY TO LOCATE ALL 7 OF THE HIDDEN THUNDER MASCOT PICTURES IN THIS ISSUE

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No. 12

5 No-Nos for finals week preparation

Compiled by Emily McClure

1. Don't procrastinate.

"There's less stress in setting goals for every day of finals week," said Nick Irish, an exercise science major and senior.

Liz Lohrmann, a nursing major and senior, agreed.

"Don't cram for a final," Lohrmann said. "You will remember more by spreading your studying out."

2. Don't stay up all night.

"The brain needs rest to store information into long-term memory," Lohrmann said.

Kate Jones, an accounting major and senior, agreed.

"After a period of time it's hard to retain any more material," Jones said.

"I think it's best to go ahead and get some sleep, then wake up early and get back to it."

3. Don't forget to take time for yourself.

"It's healthy to take a few "you" breaks in between studying," Irish said.

4. Don't study in the same place all week.

"It's easy to find one study spot you love and squat there for the whole week, but I've always found it useful to have a change of scenery," Jones said. "Or, get out and get fresh air every now and then!"

5. Don't stress too much.

"Remember this is one week of your life," Jones said. "Try not to overwhelm yourself, and make a routine to do something that can de-stress your mind when you're feeling too much pressure."

Jones suggests going for a walk or a run, listening to music or getting coffee with a friend as good ways to de-stress.

"If you're stressed about everything, you'll be more focused on how stressed you are instead of the material you need to know," Lohrmann said.

"If you take short breaks, you'll feel a lot better."

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5 TIPS FOR FINALS STUDYING

BY: STEVEN WALTERS

1. START STUDYING EARLY

Don't wait until the last minute to start studying. Studying as early as you can can help you better retain the material. Cramming doesn't work well, but studying over a long period of time can. Take at least 20 minutes a day to review each of your subjects. If you're reading this paper, put it down and go study.

2. BUILD A SCHEDULE TO KEEP FOCUSED.

To keep focused on your goal, plan out your course of attack on your material. Schedule times to study so that you can relax later. Set timers to ensure that you stay on track. Reward yourself with a break after getting so many subjects down. This also helps you feel accomplished at the end of the day.

3. STAY POSITIVE

One key to finals success is keeping a good attitude throughout. Tell yourself that you can do it. Positive thoughts can help you better focus on your work, so don't waste time complaining about how much you have to do or how you'll never understand the material. Use that time to work on studying to put yourself in a position for success.

4. STUDY IN SHORT INCREMENTS

For some people, working on assignments and studying for long periods of time works, but for others that is not an option. If you're the latter, study subjects for 45 minutes to an hour at a time. This helps you keep fresh on the subject and keeps you from staring at your material. Use different methods to study too, like flashcards, quizzes and textbooks, to give you an array of study methods. This also helps you to have multiple channels to remember the material.

5. TAKE A STUDY BREAK EVERY SO OFTEN.

Studying can be gruesome, so be sure to give your brain a break. Be sure to get outside or hang out with friends over coffee. There are also many opportunities on campus to take a break, such as the midnight breakfast or puppies on the front lawn. Be sure to exercise as well. Exercising helps take away some of the stress that finals week brings.

Destressing 101

By Michael Campagna



1. Get Outside

Being outside is one of my favorite ways to destress and get out some of the pent-up energy built up from hours on end in the library. Sitting on Front Campus or taking a walk through the Greenway are both great ways to get some fresh air and clear your head.

2. Eat a snack

Eating a healthy snack or a nutritious meal can keep you focused and motivated during finals week. Fruits, vegetables and trail mix are great options.

3. Watch an episode of your favorite TV show

One of the most popular and convenient methods I have found for dealing with stress is to watch a TV show. Netflix, Amazon Prime and Hulu are all great ways to get cheap access to thousands of resources that will numb your mind for hours on end. However, finals week is not the time to start binge-watching a show, so be sure to limit your time watching TV as much as possible.

4. Listen to music

For those who don't have time for a 20 to 40-minute TV show, music provides another great way to get your mind off of studying, even if it's only for a matter of minutes. With Spotify and Pandora radio only a few clicks away, there is really no better way to take a break from studying.

5. Read for fun

If you're not completely tired of staring at textbooks, reading for fun can be another great way to relax amidst the stresses of finals week. Books, magazines and newspapers are all great ways to temporarily get your mind off of studying.

6. Take a nap

Face it, you're not going to get anything done if you don't get sleep, and taking a nap can give you just the burst of energy you need to stay up for those few extra hours of studying. This, more than anything else, gives your mind a break from studying and can make you feel completely refreshed.

7. Hang out with friends

This is probably the most obvious way to give yourself a break from studying, but it is also one of the most effective as well. No matter how tough your finals may seem, almost everyone is going through the same thing as you, so spending time with other people can make the process of finals a little more bearable.

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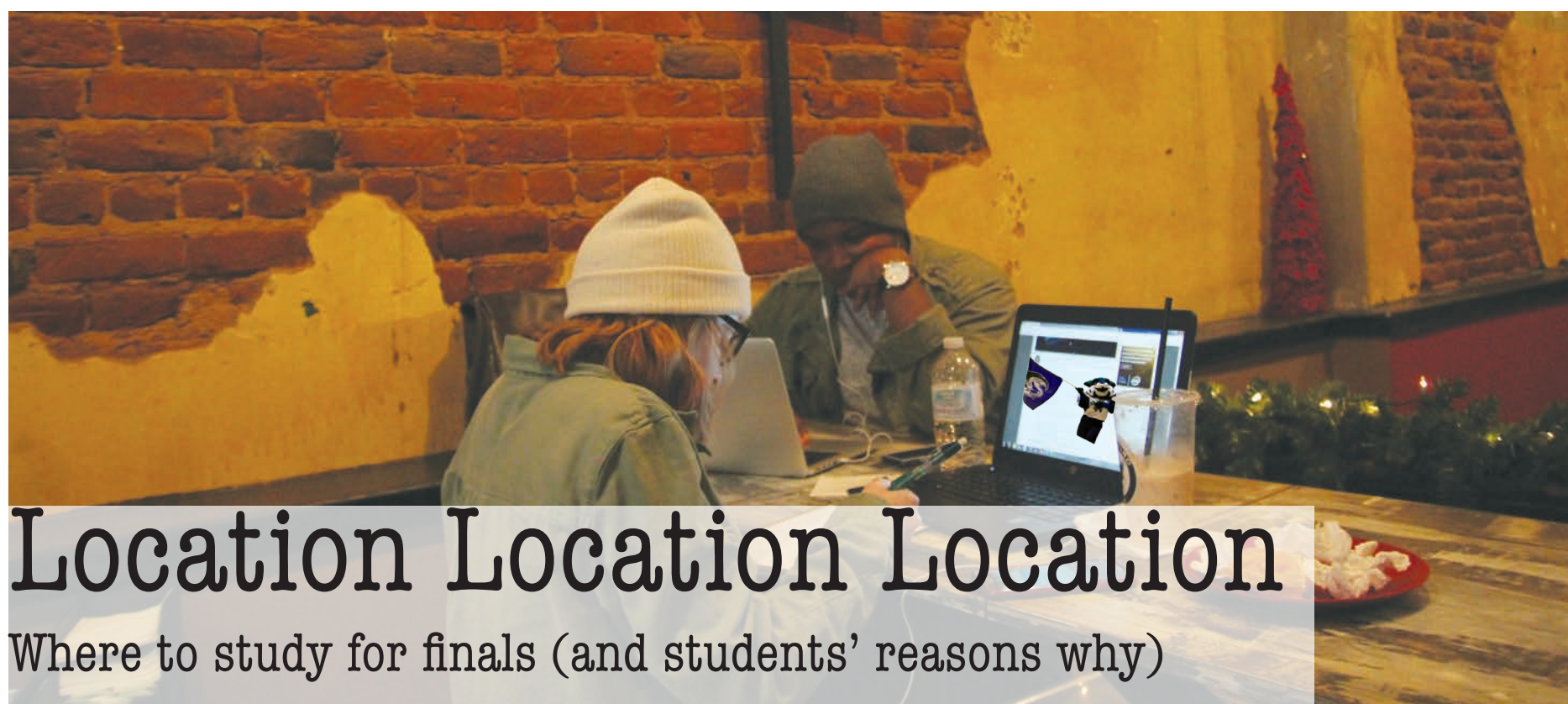
TOP 5 MOST LISTENED TO STUDY PLAYLISTS ON SPOTIFY

(NUMBERS BASED ON MONTHLY LISTENERS)

1. PEACEFUL PIANO 2,273,427
2. DEEP FOCUS 1,834,934
3. INTENSE STUDYING 1,354,105
4. BRAIN FOOD 1,341,320
5. CHILL OUT BRAIN 832,240



November 30 - December 9, 2016



Location Location Location

Where to study for finals (and students' reasons why)

Adam
Walker
@gcsunade

Well folks, it is that time of year once again: Finals Season. Thinking about enjoying life and not losing any hair?

FORGET ABOUT IT. For the next week and a half we no longer have a life, all we have is study. Which brings me to the point of this particular article: where can you study? After all, your roommate, while you do love them, is a bit of a slob and it is pretty difficult to focus with flies buzzing over the two-week-old, unwashed dishes and the smell of cat poo wafting from the litter box into your nostrils. A few GC students offered their opinions on typical study spots around Milledgeville.

"Blackbird, without a doubt. I am always here," said Riley Guise, a junior mass communication major. "The people who work here are so nice and I am actually friends with most of them, plus the coffee is obviously amazing. There is just something so peaceful about doing work at

Blackbird. Everyone is here for the same reason usually, so that makes it much easier to focus than if I was back at my apartment with my roommate. Don't get me wrong, I love her, but when we are around each other it is virtually impossible to study. Anyway, when I am studying at Blackbird I will get here when the sun is shining and look up five hours later and it is pitch black outside."

I scoured the city looking for other hardworking college students and decided to reign in my search, figuring that there would probably be some studious Bobcats at the Den.

"I bet someone has already said Blackbird," said Chuck Wills, a marketing major. "I don't know, I guess it is just so mainstream to go there. Like, that's where everyone goes and being the unique individual that I am, I need a study spot equally as unique. That's why I come to the Den. Only the most interesting people come here, and it's great because when we all want to take a break from studying we can play ping-pong. I mean, I don't actually know how

to play myself but I love watching. That reminds me, you should check out my mixtape! My name on Sound Cloud is DJ WWJD and-"

I quickly sprinted from the room. Having just dodged a bullet I decided to choose a safer, more reliable destination next. Y'all guessed: GC's beloved Ina Dillard Russell Library. There is something so comforting and reassuring about its funky, 90s contemporary interior design and fun swivel chairs. And I was not disappointed.

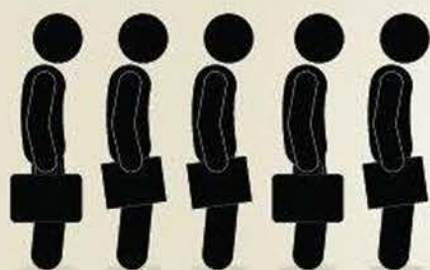
"This is hands down my favorite place to study," said Lauren Markway, a senior psychology major. "I have everything I need at my disposal, which makes the studying process a lot less stressful than it could be."

Those are students' top three picks. If you have any unique study location suggestions, please email them in to thegcsucolonnade@gmail.com - we'll include recommendations on The Colonnade Facebook page throughout the next two weeks! Happy finals!

Ada Montgomery/Senior Photographer

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FINALS FROM THE OTHER SIDE



NAME: Dr. Kevin Elder

DEPARTMENT: Information systems and computer science

TYPICAL EXAM FORMAT: one question final exam

THOUGHTS ABOUT EXAM FORMAT: “I use the final exam as my best tool for evaluating the course. If I have something that all my students put on there that I thought was just trivial, but somehow I made a bigger deal out of it, then next term I know I need to kind of downplay that. Conversely, if there is something very few of them put on there that I expected them to put on there as a major thing we did, and they didn’t, then I know that I probably need to emphasize it more.”

ADVICE FOR STUDENTS: “When you get ready to start studying for the final exam, it’s too late to start studying for the final exam. What you need to do is be preparing for that all along. Additionally, if you write it down, you’ll remember it more than if you just read it.”

BY: CARSON GREGORS

NAME: Mrs. Amanda Respass

DEPARTMENT: Mass communication

TYPICAL EXAM FORMATS: projects, group projects, cumulative tests

FAVORITE PART OF FINALS WEEK: “It is exciting to see your whole semester’s work come together and to see students arrive at a place, hopefully at the end of the semester, where they feel like they have learned all of the stuff that you have put in front of them, and they feel like they have gained something out of the semester.”

LEAST FAVORITE PART OF FINALS WEEK: “Students don’t know this, but our least favorite part is the grading. Right when you are done, that is probably when it is just beginning for us grading.”

THOUGHTS ABOUT GRADING: “I’m usually here through that week. Through commencement I usually come and stay and grade. We have to get our grades in by that next week, so it’s a lot.”



NAME: Dr. Hali Sofala

DEPARTMENT: English

TYPICAL EXAM FORMATS: Research papers, presentations

LEAST FAVORITE PART OF FINALS WEEK: “Letting go of the students because this is the culmination, so you see them writing and just being all-around awesome. My class is primarily discussion-based, so we have really gotten to know each other . . . and it’s hard to now possibly never see each other again. I always give that invitation to students of ‘Here’s my office, certainly stop back by if you ever need anything.’”

THOUGHTS ABOUT GRADING: “I enjoy seeing what my students have to say—seeing their ideas develop and having a kind of dialogue with them through the papers. I wouldn’t say I love the actual grading aspect, but I do enjoy reading what my students have written.”

NAME: Dr. Scott Dillard

DEPARTMENT: Rhetoric



TYPICAL EXAM FORMATS: tests, performances

FAVORITE PART OF FINALS WEEK: “I don’t know if I have a favorite part. It depends on what classes I’m teaching. In some classes, we do really creative finals, so those would be my favorite.”

LEAST FAVORITE PART OF FINALS WEEK: “How rushed it all is at the end.”

LOOKING FORWARD TO AFTER THE COMPLETION OF THE SEMESTER: “Leaving town and first going to my cabin in Blue Ridge and then going to see my grandbaby in Ohio.”



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November 30 - December 9, 2016

STRESS, STUDYING AND SLOWING DOWN

Alaina
Minshew
@gcsunade

Exam stress is something many students go through and, as finals are nearing, students are feeling the pressure of reaching their desired grades. But, there is a science behind it. There is a reason the body reacts the way it does during finals, how a person can help fix their own stress and feel reassured that many students go through this.

“There is definitely a science to this,” said Jim Lidstone, director of health and social issues. “A synonym for stress is anxiety and anxiety is a multidimensional construct that consists of physiological and cognitive responses.”

Lidstone explained how the body goes into a “fight or flight” response due to this anxiety during an exam. Hormones are released that prepare a person to meet or flee from the threat. The heart rate rises, as well as blood pressure and respiratory rate, pupils will dilate and a person may feel “butterflies” in their stomach.

A student will sometimes start to experience negative thoughts due to the stress of wondering if they will pass a test or not.

“These negative thoughts can perpetuate and even increase the physiological response which can spiral out of control and create a situation where a person freezes up, panics or just doesn’t perform to the best of his or her capabilities,” Lidstone said.

It’s natural for the body to go through such a process during exam time and to have these nervous feelings. Students all across campus feel the performance pressure from time to time.

“I do suffer from paper anxiety and that’s usually because you have to write a good number of pages,” said Kelly Van Roy, management and liberal studies major and senior. “I think the number is just daunting to me because almost always, I will have enough information to even surpass the required number of pages if I just stopped panicking and do it.”

Whether a student is suffering from exam anxiety or paper anxiety, there are always ways to get prepared for

that all important test coming up.

“My advice is always start studying or writing as early as possible,” Roy said. “Time to really learn the material or plan out your paper will help with the immediate stress factor and enable you to focus on the task at hand.”

Being prepared for that exam or paper that is coming up is a sure way to get a good grade. Reading the material with understanding, making flash cards, being in comfortable clothes, getting plenty of sleep, eating well and finding a quiet place to study well in advance are all ways to help with exam anxiety.

Finding ways to relax and treat yo self is also a way to counter anxiety from an important exam. Knowing that the body may react anxiously to an exam and knowing that studying is the way to getting a good grade, relaxing and self care are also efficient ways to counter stress and slow down.

“As far as handling exam stress, the very first thing I want to do is just take care of myself,” said Rachel Blevins, middle grades education major, junior. “Hot bath, face mask, light a candle. Just relax.”

Below: Hannah Staples studies for finals in the Ina Dillard Russell Library.

Ada Montgomery/Senior Photographer

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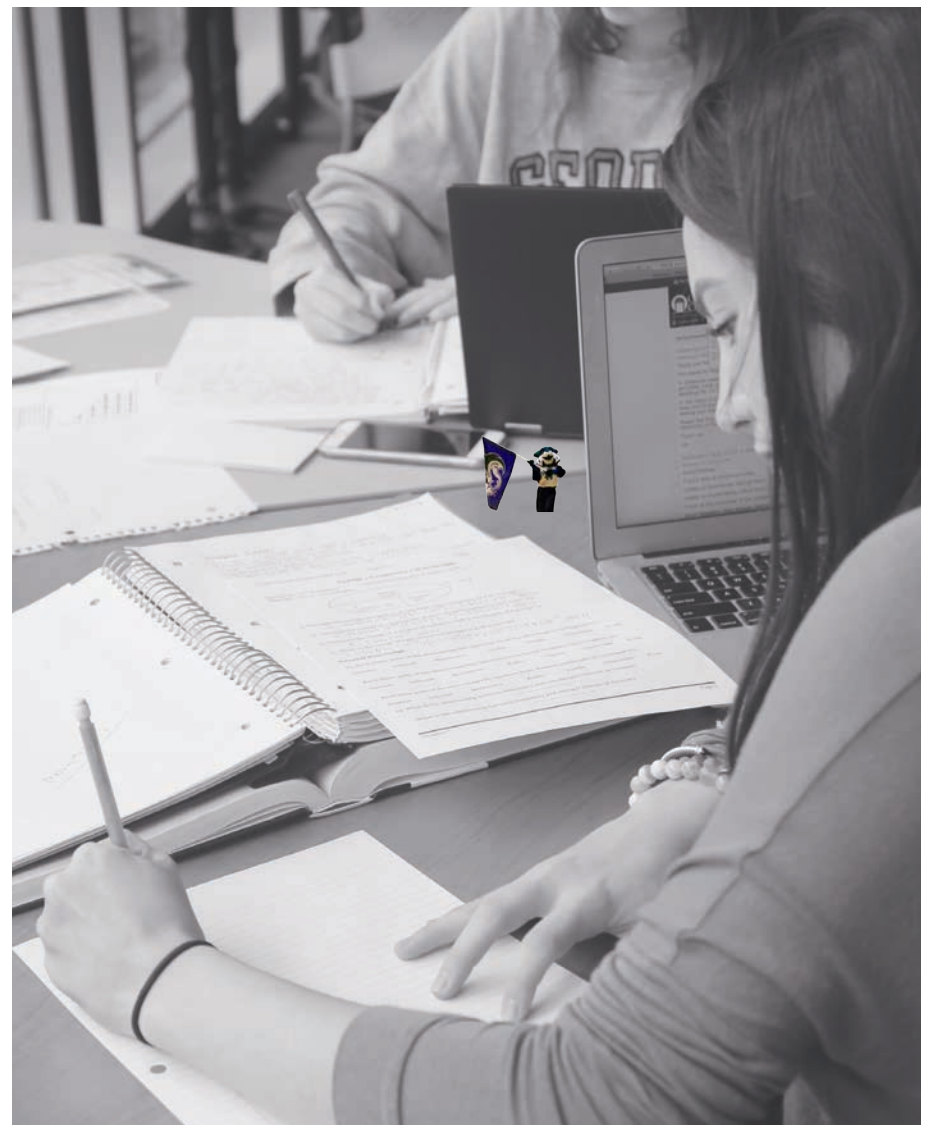
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